Or the Vertues of, and way how to use the Minerall and Medicinall Water at PETERHEAD in SCOTLAND, within the *Shire* of *ABERDENE*:

Whose *Latitude* is 57. *Degrees* 43. *minuts*: *Longitude* 22. *Degrees* 40. *minuts*.

This being the Compend of a Peece, written *Anno* 1636. by A.M. *then Student*, now M.D. & P. in *A.R. Aberdon.*

THis water by the tryall of judicious Men, and manifold Experiments of diseased People of all Ranks, Sexes, and Ages, is found to be nothing inferiour to the Spaw Minerall waters in *Germany*; and farre to excell the wells of *Bourbon*, of *Pougues*, of *Forges* in *France*: of *Porretta* in *Italy*: of *Tunbridge* of *Knesburgh* in *ENGLAND*: or any other as yet found out in *Europe*.

The Mineralls and Metrall through which these waters passe, and whose Tincture they carry with them, are *Vitriol*: and *Materia proxima omnium Metallorum*, as hath been made often evident to the Eye, Taste, and Touch of the Learned.

For the Vertues of this Water; it purgeth and washeth viscide and tartareous Humors, extenuateth *Pituite*, it voideth the *Liver*, *Melt*, *Miseraicks*, and other our Entrails of whatsoever obstructions are troublesome to them, it tempereth the heat of the *Kidneys*, purging and expelling their *Gravel*, *Sand*, and *Stones*, more forcible then any other *Medicament*. It hindreth the concretion or coagulation of *Sand* resisting the generation of *confirmed Stones*, and if confirmed, diminisheth them. It purgeth the *Bladder*, and mundifieth the *Stone* of viscide *pituite* and *Mucositie*, wherewith it is often environed: preparing it to be easily taken out by *Lithotomie*. It is most profitable for the *Ulcers* of the *Reins*, and *Carnosities* in the Urinall passages. It certainly helpeth the *venerean* and *virulent Gonorhaa*, and all other diseases of that sort applyed without: For their *Vleers Chancres*, *Poulains*, *Pustuls*: within by Injection and Potion. It helpeth the concoction of the *Stomack*, and by Astriction so doth strengthen the same, that none can complaine of harme. By its actuall coldness, it quencheth *Thrist*, appeaseth *Dolours*, throwing of the *Belly*, with *Collick* and *Iliack* Passions. It purifieth the *Blood*, killeth and expelleth *Wormes*, chaseth away *Fevers* of all sorts, cleanseth the Skin of *Scabs* by Lotion and Bathing. It openeth the *Belly*, if bound: and restraineth the *Fluxes* thereof, working proportionally according to the necessity of Nature, helping the defects thereof.

These waters carry with them out of the Body diverse wayes, all sorts of excrementious Humors, Our *Hydropota* pisse much, the expulsive faculty being helped through the diuretick quality of the Water, their grosse Excrements (the time of the drinking of the water,) are Black or Greenish; because the salt of Minerals by its precipiating Vertue, *Facit terrestreitatem descendere ad fundum*. Some Vomite, voyding their Stomack of superfluous Humors: Some Sweat, sending forth their Obstructions by the Pores: and so these Clear Pure waters, gracious both to *Pallat* and *Eyes*, provock many and diverse evacuations, which scarce any Artificial *Medicament* could effectuat. They agree with both Sexes, all Ages, restoring Health lost, preserving in Integrity the present.

Is there any Impurity or Corruption offending Nature? By what better and more safe way can it be exstirpat, then by so excellent and pure a thing as this? If any Fever invade us, with what *sharpe Iulep*, with what more convenient efficacious Syrup of *Limons* shall you extinguish it, then with the Balsamick aciditie of our Medicinall Water? Is there any paine to quench, let this be your *Anodyne*, this your only and safe *Landanum* or *Nepenthe*, this your safest *Tryacle*, your wholsome *Alexipharmacum* and *Antidote* to abolish Poysonable, Pestilent, and Maligne Qualities? No *Bezoar* Naturall, nor Artificial *Animal*, Mineral or Metallick, no *Alkermes* comparable to this for corroborating the Heart, that our Bodies may by its comforting help continue in living strength and vigour. These and many more Vertues are proper to this *Panacea and universal Medicine*, whose salt is Detersive, Purgative diuretick, an universal voider and corrective of all *Impurities* and *Corruptions*, its *Sulphur*, a general and spiritual *Anodyne*, its *Mercurie*, an universall *Confortative*, which being all conjoyned in our water by the industrious working of Nature can furnish us means not only for defence, but also for expulsion and suppression of Diseases; as an excellent instrument appointed by GODS Providence for the help of Mankinde. It is found by Learned *Physitians* to be the only Soveraigne specifick remedy, (to which diseated Persons should runne as to their last refuge upon Earth, when all other Artificial helps are ineffectual,) for the Diseases of *Liver*, *Splen*, *Kedneyes*, and all other rebellious obstructions. Yea, its vertues are not confined within the compasse of the generality that doth not reach to the particular Diseases of the infirmer Sex; which as it is more lovely and delicat then the other, so it is more opportune to its own defects; and is obnoxious to some proper diseases as farre different from these of men, as the Sex is from the Sex. This Water helpeth as other common Diseases, to *Barrenness* in both, but in the weaker Sex; the pale colours the immoderate evacuation or retention in their desired Sicknesse: insurrection Precipitation, Suffocation and other Diseases of the Mother.

Of the Time when, and Manner how these Waters are to be taken.

HE who is to drink of this Water either for curing Diseases; restoring Health lost, or to preserve it being present, avoiding future inconveniencies, shall come to this *Well* any time of the Year when the Weather is Good, Ayre Dry, and Cleare: but especially in the Moneths of *May*, *June*, *July*, *August*, and *September*; resting the first day after Arrivall, the next day let him be Purged with some fit and convenient *Medicament*, by the advice of some understanding and approved *Physitian*, the day following Purgation let him come to the *Well*, (neither feare any *Hypercatharsis* or *Superpurgation*) early in the Morning, Fasting, yet, after the Sun rysing: And drink first a Cup full about the quantity of half a *Mutchken*, or half an *English pynt*, within half an houre thereafter take an other Cup-full, of the same quantity, and so every half an houre, for two houres two Cups: which will make a Scotish *Chopin* or an English *Quart*. The second day, every half-houre of two houres two Cups, which will make a *Scotish Pynt*. The third day take every half houre of the foresaid time three Cups; which will make three *Chopins*: and so continue twenty, thirty, fourty dayes, or so long as the Disease requireth, or Affaires can permit. VValk a little betwixt the drinking of your Cups: taking above the waters a little confected *Anyse*, *Coriander*, *Cynamon*, or some good *Tablets* proper for the Diseale, or *Tobacco* to help the Stomack to daunt and vanquish the actuall coldness of the water, ryde or exercise your Bodyes with any moderat Recreation, whilest the most part of the water be voided, which will be so soon as the Urine doth beginne to be coloured: Then dyne upon Meat of good digestion and proper to the Nature of the Person and Disease. Afternoone, use such recreation as occasion shall offer, and sup moderatly. If the Ayre be troubled with Foggy Mists, or Rainy, or if the Person be not able to travel conveniently; the water may be taken lying in a Bed with good successe.

A day after you leave of the drinking of water: Take some other good purgative Medicine by the foresaid advyce. After you returne home; live a long time Temperatly; in a convenient Ayre, with wholsome Meat and Dring, moderat sleep and exercise; avoiding repletion or immoderat evacuation of the *Belly*, *Intestines* or *Veynes*, *naturâ vel arte*. Flee perturbation of the Minde: And in so doing by the Grace of GOD, you shall continue Healthfull even to your Lives end. *AMEN.*

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